

## The Mortar & Pestle:

MD Custom Rx's monthly e-newsletter

July 2018

### Greetings!

At MD Custom Rx, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.

Sincerely,  
Dan, Monica and John



### Dry Mouth

Everyone has a dry mouth occasionally, often when nervous, upset or under stress, but chronic dry mouth can be a sign of disease or can lead to health problems. Dry mouth can cause difficulties in tasting, chewing, swallowing, and speaking, and can increase your chance of developing dental decay and infections in the mouth. Technically known as xerostomia, dry mouth can be caused by diseases such as

Sjogren's syndrome, HIV/AIDS, and diabetes; or treatments such as radiation or chemotherapy. Some medicines - including those used to treat high blood pressure and depression - decrease saliva flow. Here are some helpful tips to relieve dry mouth: sip water or sugarless drinks often, avoid drinks with caffeine, chew sugarless gum or suck on sugarless hard candy to stimulate saliva flow, don't use tobacco or alcohol, avoid spicy or salty foods that may cause pain, and use a humidifier at night. If you regularly have a dry mouth, talk to our pharmacist to see if it could be a side effect of a drug you are taking. Our compounding professionals can help by working with your doctor to customize medications in lozenges, oral sprays or drops to increase saliva flow.



References available upon request.

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***Our Vitamin Coach, Dan Zatarski, R.Ph., Pharm.D. is available to discuss supplement options that could help with dry mouth and also improve your overall health.***

## **SCHEDULE A CONSULTATION**

# **MD Custom Rx PRESENTS: A Healthy Body Starts With A Healthy Mouth with Dr. Supriya Shetty, D.D.S., Biological Dentist**

Tooth Loss & Gum Disease increase the risk of Alzheimer's Disease & Dementia

93% of people with Gum Disease are at risk for Diabetes

The Surgeon General reports that at least 80% of American Adults have Gum Disease

**Wednesday  
July 18, 2018  
6:30pm - 8:00pm**

At MD Custom Rx  
In the Sendiks Towne Center  
19035 W. Capitol Drive. Ste. 105  
Brookfield, WI 53045

**REGISTER NOW - Call 262-373-1050  
or ONLINE**

**This event will fill up fast!  
Space is Limited.**

Cost: \$10 per person - receive back as supplement credit the day of event.

**Keep up-to-date with all events at MD Custom Rx! [READ MORE](#)**

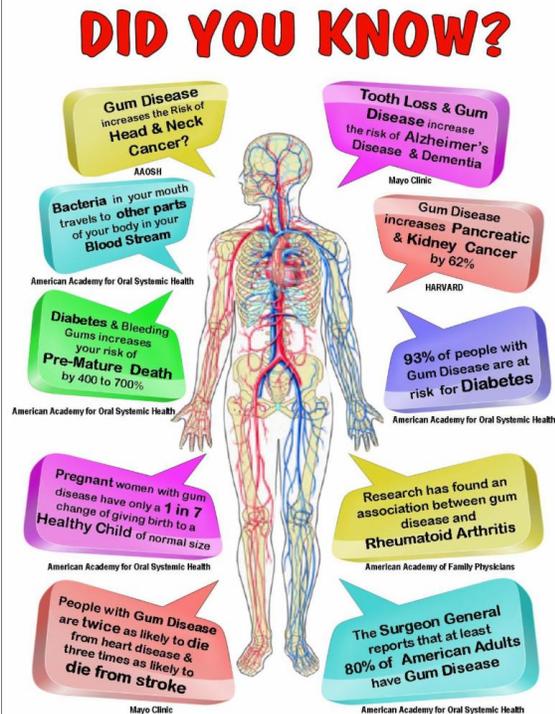
## **MD Custom Rx has an app!**

Our app transforms how we help you to improve your health outcomes and ultimately reduce your costs. The app is available in the [Apple iTunes](#) and [Google Play](#) stores. Improve you and your family's health, reduce your healthcare costs and increase your medication compliance.

- Convenient and easy prescription refills.
- Reliable medication reminders.
- Immediate access to our services
- Manage multiple family members.
- For healthcare professionals, manage multiple patients.
- Optimized for compounded, chronic condition and specialty drugs.

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<https://play.google.com/store/apps/details?id=com.productworld.rxmmdcustomrx>





## Order Refills Online

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## Compounded Medications

Countless therapeutic possibilities exist when medications can be customized to meet the unique needs of a specific patient. [Read More](#)



## Nutritional Supplements

MD Custom Rx provides the highest quality pharmaceutical grade supplements at a discounted price and with FREE shipping! [Read More](#)

